

# MAINE PUBLIC HEALTH ALERT NETWORK SYSTEM

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***\*\*ADVISORY – Important Information\*\****

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**2009PHADV036**

TO: Health care providers and laboratory directors

FROM: Dora Anne Mills, M.D., M.P.H., Public Health Director

SUBJECT: Testing and Management of Novel Influenza A (H1N1)

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PRIORITY: High

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Maine Center for Disease Control and Prevention (Maine CDC)  
(Formerly Bureau of Health)

**Testing and Management for Novel Influenza A H1N1**  
**July 28, 2009**

This advisory provides an updated algorithm for health care providers in Maine for testing and management of novel influenza A (H1N1). Testing and treatment for influenza-like illness is indicated for persons who are hospitalized or at high-risk for severe disease.

Please note that two forms are now required for influenza testing at the Health and Environmental Testing Laboratory:

Influenza Virus Specimen Submission Form available at:  
[http://www.maine.gov/dhhs/etl/micro/download\\_forms.htm](http://www.maine.gov/dhhs/etl/micro/download_forms.htm)

Health and Environmental Testing Laboratory Requisition Form available at:  
[http://mainegov-images.informe.org/dhhs/etl/micro/clinical\\_requisition.pdf](http://mainegov-images.informe.org/dhhs/etl/micro/clinical_requisition.pdf)

Health care providers with questions on H1N1 can contact the Maine CDC at 1-800-821-5821 24 hours a day, 7 days a week.

## Testing and Management for Novel Influenza A (H1N1)

July 27, 2009

### CLINICAL CRITERIA

Influenza-like illness (ILI) is defined as

- Fever  $\geq 37.8^{\circ}\text{C}$  ( $100^{\circ}\text{F}$ ); AND
- Cough or sore throat

in the absence of a KNOWN cause other than influenza



### RISK FACTORS

- Patient requires hospitalization; OR
- Patient is at high-risk for severe disease
  - Child  $<5$  years of age;
  - Person  $\geq 65$  years of age;
  - Persons with the following conditions: chronic pulmonary (including asthma), cardiovascular (except hypertension), renal, hepatic, hematological (including sickle cell disease), neurological, neuromuscular, or metabolic disorders (including diabetes);
  - Immunosuppression, including that caused by medications or by HIV;
  - Pregnant women;
  - Persons  $<19$  years of age who are receiving long-term aspirin therapy;
  - Residents of nursing homes and other chronic-care facilities



### TESTING

- If a patient meets the clinical criteria and has  $\geq 1$  risk factor, submit a specimen for influenza testing to the Health and Environmental Testing Laboratory ([http://www.maine.gov/dhhs/etl/micro/submitting\\_samples.htm](http://www.maine.gov/dhhs/etl/micro/submitting_samples.htm))
- For outbreaks in institutional settings, once infection has been confirmed in three individuals further testing is not usually indicated



### MANAGEMENT

- If a patient meets the clinical criteria and has  $\geq 1$  risk factor, implement appropriate management steps outlined below. Do not wait for test results.
- Use appropriate infection control precautions ([www.cdc.gov/h1n1flu/guidance/](http://www.cdc.gov/h1n1flu/guidance/))
- Treat patients meeting the clinical and risk factor criteria with antivirals (<http://www.cdc.gov/h1n1flu/recommendations.htm>)
- Prophylax close contacts who are at high risk of severe disease OR health care workers who did not use appropriate personal protective equipment with antivirals (<http://www.cdc.gov/h1n1flu/recommendations.htm>)
- Contact the Maine CDC at 1-800-821-5821 24 hours a day, 7 days a week for more information.